



Doug Remer's Multi-Sport Development Program

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Overview

Doug Remer, 20 year coaching veteran, earned a Master's in Special Education from George Washington University. Doug started and played every game of his college career for Montgomery College, Howard University and Savannah State University. He was Team Captain and voted Most Valuable Player both his Junior year at Howard and his senior year at Savannah State. Doug took what he learned about his playing days, what he learned about strategies of teaching from these top institutions and created an athletic development program designed to develop and engage all types of ages, backgrounds and skill sets.

Doug contributed his observations and suggestions on the current state of Youth Sports in Montgomery County to the Office of Legislative Oversight in the March, 2020 study. Doug Remer can utilize the funding to provide the ultimate opportunity for kids in the Down-County and East-County the chance to have multiple and consistent after school athletic development programs.

Doug's enthusiasm for youth sports and interpersonal skills have spawned his business concept. Doug was selected to Coach for a College All-Star Team to play against Cuban Professional Teams in Cuba (2016 and coached alongside former Baltimore Orioles Players Brady Anderson (Current Vice President of the Orioles) and B.J. Surhoff (Current Minor League Development Coordinator). Doug has developed a network of current and former professional and collegiate coaches and players that are eager to contribute to the program.

Doug is predominantly known for his expertise on the baseball diamond. This development program is different from all other programs in that it mixes in drills and competitions from other sports and his staff consists of basketball, football and soccer coaches as well. This philosophy increases athletic skill and connects athletes from outside of their individual sport circle.

Major League and Minor League players have made guest coaching appearances at camps and clinics, not only instructing on what they know, but playing along with the kids to bring the sport to life and demonstrate what the next level looks like. These guest coaches continue to ask to come back because they have fun learning and playing a new sport as well. Most of the college players that are hired to coach, were multi-sport athletes in high school, thus, proving the correlation of playing multiple sports and playing at the next level.

As a 2020 Inductee into the Albert Einstein High School Athletic Hall-of-Fame, Doug would like to provide even more to those kids who attend schools in the Down-County as well as the East-County where he has spent 15 of his 16 years teaching. Doug believes that there is an uncultivated market for a youth academic/athletic development program. The amount of students who have lost their athletic identity and “slipped through the cracks” because of the lack of after school programming that provides professional athletic and academic development. Doug believes that baseball is the missing link to why the five high schools (Einstein, Kennedy, Wheaton, Northwood, Springbrook) surrounding the two regional parks (WRP and MLK) have had weaker output of athletic and academic success. In the past 30 years, these schools have been the worst teams in the county for baseball.

Doug feels that students from those schools have struggled because there has not been an emphasis on students playing a secondary sport. Playing multiple sports provides a positive outlet and they become more athletic, meet people outside of their social circle and have an opportunity to achieve success that they may not reach because they limit themselves to one sport. Providing a safe and structured place to compete will allow players to realize what sport they have untapped potential in and discover new skills that they didn't know they had. We provide one-sport athletes opportunities to increase skills, learn new skills and gain knowledge about other sports, ultimately, becoming better all-around athletes.

In order to provide for more kids, we must proceed with the vision and understanding that we must be able to:

- Help** student athletes become better student athletes
- Offer** multiple *pathways* for an underserved population
- Create** exciting opportunity for **communities** to collaborate
- Offer** opportunities for student-athletes to learn skills outside of the classroom that will help them gain more **confidence for when they go into a classroom**

MISSION

To promote academic, social, behavioral and athletic achievement through use of athletic development. The program is designed to provide opportunities for all ages and abilities with high quality athletic and social instruction, drills, games and other fun confidence-building exercises to promote interaction between kids from various communities, including students that live in group homes. Additional benefits of our



program offers multiple ways to promote academics, meaningful community service hours and social skills through athletic mentorship and buddy programs.

These positive interactions kids will have, along with having professional instruction, playing in fun events in their own neighborhoods, communities will begin to grow more pride and keep kids safe with structured programs designed for every type of student. Implementation of this athletic program requires that we hire coaches ranging from professional athletes, coaches and trainers, college athletes, coaches and trainers and local high school coaches and high school athletes earning SSL hours. Doug and his staff offer developmental drills and competitions for football, basketball and soccer but place an emphasis on baseball being the primary sport we spend the most time developing.

Doug has a staff of coaches that understand the importance of creating positive experiences for kids, building safe learning environments where kids to have the chance to meet other kids they may have never seen before and learn new skills they may have never learned before. Participants will have the opportunity to pursue athletic pathways out of high school that is not prevalent in our communities unless families can afford it. Additionally, providing opportunities for the most talented players that will not have to spend money to keep competing is also a priority.

Doug recognizes other unique opportunities to help communities grow by providing continuing training for former athletes in the age group between 18 and 25 years of age. These recent high school graduates fall into an “at risk” category by simply having little constructive activity, as a result of unemployment, lack of guidance, deciding what life path to take, frustrated, feeling disenfranchised and victimized.

Doug recognizes the need that collaboration within the community and within communities is crucial to the success of the program and that students who are provided with positive experiences and the chance to learn empathy have more pathways in their pursuit of their post-secondary opportunities. Support from local businesses and organizations will increase the amount of stakeholders in the educational system, hence, providing more opportunities for all involved to increase school and community pride. Local business and investors benefit from the program. Financial support from local organizations provides us with compensating top notch instructors, field trips that allow kids to venture out to where they have never been before, upgrading facilities in communities and providing more affordable opportunities for all.

MCPS employees have plenty of opportunities to earn extra income by tutoring, coaching and being liaisons for teachers of participating students. Offering multiple



sources of communication between teachers, coaches, families and students will help keep students on track academically and behaviorally. Rewards and consequences, both, will be developmentally driven, creating a more positive relationship with the teachers and their peers. Our goal is to have students know they have opportunities for rewards if they stay invested in the program. Also, students need to know that their negative behaviors won't hinder their growth, rather, it allows for more interventions geared towards individually creating programs to help get them back on track. In addition, we provide meaningful student service learning hours for high school kids to mentor the feeder school kids through coaching or tutoring academically.

Community collaboration is critical to the success of the program and will open up more opportunities for students to learn more about life outside of school and why education is vital to opening up their options for their respective post-secondary pursuits. Going through our program would offer students the chance to earn hours working in fields of study they may be interested in pursuing in coaching, umpiring, refereeing, teaching, announcing, reporting, stat keeping and more. We will utilize technology and offer many opportunities for SSL hours (ex. having students sharpen their videography skills, thus, learning how to use technology appropriately and purposefully).

Coaching Experience

- Over the past 20 years, Doug has held coaching positions for Major League Baseball, Minor League Baseball, College (D1, D2, D3, JUCO, NAIA) and even started a pipeline for players Overseas (Taiwan, Australia and Dominican Republic have sent multiple players), High School Varsity, J.V., Travel Teams, Select Teams, Rec Teams, Little League Teams, Tee-Ball Teams and students with disabilities (State Champion 2017 Bocce Ball).
- Doug just recently earned a World Series Ring as an employee for the Washington Nationals, running private and special events as a batting practice pitcher at the stadium for 11 years, entertaining and coaching over 30,000 guests.
- Doug has managed two college summer baseball teams to more than 150 wins in 10 seasons, guiding over 150 players to professional contracts throughout his career
- Doug was an assistant coach for the Baltimore Orioles and their Double-A affiliate, Bowie Baysox.
- Doug assisted Montgomery-College Baseball in their development/ recruiting

- Doug has coached teams and run camps and clinics for over 25 local organizations and over 20,000 kids over his 20 years of coaching
- Doug runs coaching clinics for multiple organizations for over 250 coaches annually
- Doug has run developmental camps for over 10 years, providing professional baseball instruction for kids who represent over 75 different HS/MS/ES throughout the area, including players from other states. These annual camps occur over:
 - Thanksgiving
 - Winter Break
 - Winter
 - Spring Break
 - Summer
- Doug has ran over 20 sports camps for kids with various disabilities
- Doug has run programs for Montgomery County Recreation Department to train and recruit more umpires for softball

Program Resources (What Dr. Sports can provide, with funding)

Staff:

- MLB and Minor League players and coaches
- Washington Nationals and Baltimore Orioles Connections
- College players and coaches
- Every DI, D2, D3, JUCO college in Maryland, DC and Virginia
- High School players (SSL hours) and coaches
- MCPS teachers for tutoring/coaching/mentoring/liaisons
- Doug has connections with staff from every Down-County and East County school
- Current and Former Professional, Collegiate or High School Coach/ Player from other sports for athletic development
 - Football
 - Basketball
 - Soccer
 - Track & Field
 - Aquatic Training
 - Speed and Conditioning
 - Weight Training Program

Equipment/ Equipment access

- Used equipment donations from organizations

Program Design

Designed to train non-baseball minds with basic skills to look for and when and how to help develop those basic skills

Designed to provide hundreds of various football, baseball, basketball and soccer drills and competitions to promote engagement of staff and campers

Pockets of communities of kids who need this:

We can get more kids involved that would and wouldn't ordinarily play if we:

- Create Highlight Videos (the more sports, the better)
 - *Helps kids utilize technology more appropriately, more often
- Bring in Celebrity Coaches, guest appearances, exciting prizes, etc.....
- Offer website that has fun games for kids to want to play/compete
- Offer rewards for positive behaviors in/ out of school (not based on grades)
- Have staff at each school on board who can help mentor kids and be liaison
- Coaches make visits to schools to keep kids excited and on their toes
- Offer camps/clinics that will give new players a chance to succeed*

Businesses who are eager to provide services

- Sponsorships, discounts for our participants, donations if we proceed

Program Needs (\$500,000 budget covers)

- Batting Cages and storage units at Elementary Schools, Middle Schools in Down-County/ East-County
- Transportation
- Equipment (new), there is only so much equipment we can get used
- Hats, Shirts, Uniforms
- Fields (HS, MS, MLK Regional Park, Wheaton Regional Park)
- Accountant
- Web designer
- Videographer
- Food /Drinks/ Snacks
- Insurance
- Branding

- Marketing/Advertising
- Fundraising/Celebrity Coordinator- celebrity softball, baseball, football, soccer-celebrity players making fun/developmental videos
- Medical staff trainer
- Special Olympics coordinator (Bocce Ball)
- Tournament coordinator
- SSL hours coordinator
- Field maintenance
- Field upgrades
- Bi-lingual Coordinator
- Secretary (excel, phone, E-mail, money collector, field permits-
- Thomas Edison Program:
 - SSL Hours and possible post-secondary credits for HS students to help create videos, commercials, reporting, dj, stat keeping, website design.....
 - Technology for development- editing videos, coaching through video analysis, video for scouting, recruiting, highlight videos, game footage and pre-post-game interviews/ reporting
 - Additional paid positions- field maintenance, umpiring, refereeing, event coordinators, business expenses
- Recreation Centers and School Classrooms for alternate trainings
 - Parent Resources and Clinics (academic and athletic), Yoga, Dance, Boxing, Step, Tumbling, Wrestling, Music, Videography, Coding, Special Trainings for individual positions for every sport
- scheduler (ensure coaches are scheduled appropriately, school are good)- responsible for Registration
- College Summer Team at Wheaton Regional Park (Cal Ripken League)
- College Summer Team at MLK Regional Park) (MCBL)
- After and before hour care
- Exciting prizes, rewards, field trips, assemblies
- Gyms/ Recreation Centers for athletic training
- Priority for HS gyms in summer for Bocce Ball

Wheaton Regional Park Indoor Facility Field Usage Opportunities for Making Money

- Baseball/ Softball Camps: (ALL)
- Special Needs Events: (ALL)
- Positional Camps: MIF, CIF, OF, P, C (ALL)
- (Coach Pitch) "Remerball" Tournaments/League (All)
- Football Skills: Receivers, Running Backs, QB's (ES/MS)

- Soccer Skills: (ES)
- Skills Competitions
- Open Space Weekends: Hitting w cages? On field (ALL)
- Umpire Training
- Instructional Videos
- Highlight Videos
- College Recruiting Videos
- Parent/ child classes every night for an hour (multi-sport)
- Impromptu Session (cage and fielding)
- Impromptu Video Session
- Bocce Ball
- Coaching Clinics
- Obstacle Courses
- Vision Training Camps
- Tournament Team waiting room, hangout (food, drinks)
- Rent out field for pre-game grounders
- Rent out cages for pre-game hitting
- Parent Support (resources for local support organizations)
- Academic Tutoring
- Video Analysis
- Mentorin

Events, Fundraising Opportunities @ Wheaton Regional Park

- USA Baseball Tournaments
- USA Softball Tournaments
- USA Baseball/ Softball Camps
- Local/ National Tournaments
 - Spring Break
 - Summer
 - College, Varsity, JV, Travel
 - College D1, D2 or D3 Tournament
 - JUCO Showcase
- Summer Baseball/ Softball League (Daytime)
 - Not a camp.....a league
- College Showcase Events/ Tournaments
- Video Productions
- Video for Instruction

- College Summer Baseball Team
- Mentors for MCPS Student-Athletes
- Adult (DCMSBL)
- Seniors (Ponce)
- Bocce Ball Tournament
- Coaching Clinics
- Other Events
 - MLB Events: Play Ball, Pitch Hit and Run, Jr. Home Run Derby
- Most Athletic Competitions
- Train Coaches for Summer Camps/ Teams
- All-Star Week Events for Local LL Players
 - HR Derby, Fastest 60, Web Gems.....
- All-Star Week Events for Cal Ripken Collegiate Summer League Players
 - HR Derby, Fastest 60, Web Gems.....
- 2020 Celebrity Softball Game and Charity Concert
 - Former or Current Major League and Minor League Players
 - Concert hosted by I-heart radio
- Inter-organizations Tournament
 - Baseball Factory, Diamond Skills, DC Dynasty, Headfirst
 - Players are mixed in a draft-style setting

Goals

1. Provide organizations and non-baseball coaches strategies to keep players engaged while social distancing
2. Provide creative drills and stations that keep players moving at ALL times
3. Provide lay-out for how to set up player safety areas that adhere to regulations but also keep players able to have fun and communicate with peers
4. Provide professional development plan that challenges players to grow athletically

Program Locations

Wheaton Regional Park

- 200 x 85 Indoor Training Facility
- 4 Team Rooms (athletic trainer, academic support/tutoring, athletic development room {eye-hand coordination, video analysis.....}, college/ high school transitional services for parents/guardians).
- Sound System, scoreboard, turf field, bleachers w/ room for 2 batting cages
- 2 Baseball Diamonds (90 feet) w/ #1 representing the next "Big Train" facility.
- 4 softball/ little league baseball fields w/ #2 representing Cabin John #2.
- Tennis Bubble for Summer Indoor Rain Days
- Safe neighborhood, in the middle of the need and plenty of parking

Wheaton Recreation Center

- Same street as Wheaton Regional Park Fields
- Basketball Courts
- Art Room
- Activity Room
- Fitness Room
- Game Room
- Social Hall
- Studio
- Walking Track
- Warming Kitchen

Martin Luther King Regional Park

- Turf Football Field
- 1 Baseball Field
- 1 Softball Field
- Aquatic Center and Pool
- Soccer Field
- Two Schools on same street with 4 total softball fields

- 6 Basketball hoops + 2 schools basketball hoops

White Oak Recreation Center

- <http://montgomerycountymd.gov/rec/where/centers/whiteoakfacilityinfo.html>
- 2 Basketball Courts
- Outdoor Field (Upgrade)***
- Weight Room
- Academic Advising
- Video Analysis
- Tv Recording, announcing, reporting, etc...
- Rec rooms w pool tables, ping pong, etc...
- Outdoor field upgrade for baseball/soccer/football
- Dance/ Cooking/ Art/ Music.....

Local High Schools and their Feeder Schools

- Multi-Sport Usage of Indoor and Outdoor Fields/Courts for Development/ Competitions:
 - AEHS/ NMMS
 - Wheaton HS
 - Kennedy HS
 - Blair HS
 - Springbrook HS
 - Paint Branch HS
 - Northwood HS

Availability of Coaches, Types of Programs based on Seasons

Summer

- Baseball League/ Camps
- Football Camps

- Basketball Camps
- Bocce Ball League (Rec Centers, MCPS MS)
- Soccer League/ Camps
- Current MCBL or Ripken league just home, NCAA coaches when recruiting or at end of season, former MLB or NCAA players

Spring

- Baseball Camps
- Football League/ Camps
- Basketball League/ Camps
- Soccer Camps
- Former MLB NCAA players available for instruction

Spring Break

- Baseball Camp
- Baseball Tournament
- Most Athletic Competition for All Sports
- Former MLB, NCAA players

Fall

- Baseball League/ Camps
- Football League/ Camps
- Basketball Camps
- Soccer Camps
- Local current and former NCAA players and former MLB players, late Fall

Special Program Opportunities/Possible Facilities

Winter

- Selected players travel to South to play in tournament (try out in Fall)
- Baseball camps (Specialty)
- Basketball Tournament/Games (Rec centers, MCPS MS)
- Soccer Tournaments/Games (MLK, White Oak Rec, Rec Centers)

- Athletic Training Programs(Aquatic, Speed, Conditioning, Strength)
- Most Athletic competition

Spring

- Basketball League/Camps (Rec Centers, MCPS HS)
- Football League/Camps (MLK, Blair?)
- Soccer camps (MLK)
- Baseball Camps
- (Spring Break) Most Athletic Competition.....Multi-sport camp
- (Spring break) Baseball Tournament High school/ Middle School
- (Spring break) Baseball Camps

After School Program (Example of a Typical Operations Schedule w/ Transportation Needs)

White Oak Middle School

1. **Monday**- Meet in the library for academic planning for week (ex. Note when projects are due and tests are taken)
 - *if students are on green, report to either gym, tennis court, fields and weight room for training
 - *if student are on yellow, proceed either gym, tennis courts, fields and weight room for training
 - *if students are on red, proceed to the library for a 30 minute mentor/tutor program, then proceed to competitions/training.
2. **Tuesday**- Report to the gym and take the bus to White Oak recreation center.
 - *if students are on green, they jump into training program
 - *if students are on yellow, they jump into training program
 - *if students are on red, they attend mentor/tutor program for 3 minutes, the proceed to training competition
3. **Wednesday**- Report to the gym to leave for MLK facilities.
 - *if students are on green, report to gym, then leave for MLK facilities
 - *if students are on yellow, report to gym , then leave for MLK facilities

*if students are on red, proceed to the library for a 30 minute mentor//tutor program then get escorted to MLK facilities.

White Oak Middle School Feeder Agenda

(fed from Broad Acres, Jackson Road, Stonegate, Westover ES)

Monday- Basketball

Tuesday- Baseball

Wednesday- Football

Thursday- Soccer

Francis Scott Key Middle School Feeder Agenda

(fed from Burnt Mills, Cannon Road, Cresthaven, Drew ES)

Monday-Baseball

Tuesday-Football

Wednesday-Soccer

Thursday-Basketball

Briggs Chaney Middle School Feeder Agenda

(fed from Cloverly, Fairland, Galway, Page)

Monday- Football

Tuesday- Soccer

Wednesday- Basketball

Thursday- Baseball

Banneker Middle School Feeder Agenda

(fed from Burtonsville, Greencastle)

Monday- Soccer

Tuesday- Basketball

Wednesday- Baseball

Thursday- Football

Special Specifications Due to Covid-19

With Covid-19 ruling the courts and stadiums, athletes still have a unique opportunity to slow the game down and take this time to develop skills. The drills, stations and competitions offer coaches the chance to run efficient practices while keeping all players, coaches, families and other staff involved safely adhering to social distance suggestions. Non-baseball coaches will now be able to feel confident providing their style of coaching because they know what to look for and how to help players make physical and mental adjustments.

Program day-today Operations (Example)

Below is a sample of a daily development program designed for EVERY skill level.

This program is designed to guide coaches with a blue print of various rotations of drills, competitions and safety structured activities to manage any number of players who attend. This blueprint keeps the groups at a ratio of 1 coach to 4 players.

The plan detailed below offers strategies best fit to develop a group of 8 players. 8 players allows for 2 coaches. This ratio keeps us at the suggested social distance max of 10.

I. Hitting Stations/ Rotations

- A. BP at plate w/ coach throwing
- B. Cage #1 (long tee) (count how many hit back net out of 20 swings)
- C. Drill where you hit ball around a pole with hitting device
- D. HR derby w/ baseballs (batter stays safe behind screen) hitting off tee from behind pitchers mound.
- E. HR derby with heavy balls off tee (shot put arena)
- F. Cage #2 (long tee) (oppo [stay inside ball], choke up, high leg kick, basketball)
- G. Field # 2 Bunt on field w/ coach (competition using cones and baseballs)
- H. Tee station in RF/CF of Field #2 hitting baseballs into cage #1

II. Defensive Stations (Know your field) (BP, practice rolls pre-game)



- A. w/ Coach on IF dirt (glove work drills) (Jeter)
- B. w/ Coach on IF dirt (glove work drills)
- C. Field #2 (protect cones as partner tries to hit ball through them off tee)
- D. Field #2 (hit ball off tee and try to get through cones) (incrediballs, no glove)
- E. Slow rollers to 3B/SS/2B playing in, throw to 1B screen
- F. Roll slow rollers from home plate with baseballs
- G. w/ Coach in outfield fielding/ catching baseballs, throw into screen
- H. w/ Coach in outfield fielding/ catching baseballs, throw into screen

III. Base Running Stations

- A. Stay AWAKE! Do not take your eyes of the batter during live BP
- B. Keep your ears open for outfielders making throws during live BP
 - 1. 1B-3B
 - 2. 2B-H
 - 3. 3B-H (tag up, read ball in dirt, pass ball)
 - 4. H-2B (will be hitter, coach throws pitch)
 - 5. Sprints up-hill
 - 6. Front and side lunges on hill
 - 7. Jumps up hill, hold balance when land
 - 8. Base stealing jumps, starting from slope

IV. Live Batting Practice (5 player rotation w/ other 3 playing RemerBall)

- A. **Effort and Communication at all times**
 - 1. Bunt to get better!
 - 2. Swing to get better!
 - 3. Defend live reads to get better
 - 4. Base Run to get better!

5. Challenge yourself and don't cheat your scores
6. Take **your** time in between reps for maximum reaction

B. Rotation goes (1-8, 2-5, 3-2, 4-3, 5-1, 6-4, 7-6, 8-7)

1. Batter- facing either coach or live pitcher (work on bunts/situations)
2. Runner- varies from 1b, 2b, 3b. (steal breaks, secondary leads)
 - a) Stay AWAKE! Do not take your eyes of the batter during live BP
 - b) Keep your ears open for outfielders making throws during BP
3. Plays defense on IF (live reads, throws to **screen** at 1b/2b or Jeter drill)
4. Outfield live reads (throws to **screen** at 3B/2B or cut-off)
5. On-deck (hits **baseballs** in cage #1) (Long **tee**, 20 swings, keep points)
6. Batter in Remerball
7. Defense on field #2 RemerBall
8. Defense on field #2 RemerBall

V. RemerBall

A. **Incrediball, training gloves, cones**

1. Larger strike zone, can't argue balls/ strikes if you hear it hit
2. Pitcher's Poison (defense has to throw ball to pitcher for out)
3. Ghost runners (as long as there is no force, runner will advance)
 - a) Ghost runner on 1st or 1st and 2nd (If pitcher gets ball before batter gets to 1st, it counts for a force out at 2b or 3b, depending on where and how many runners are on)
 - b) Ghost runner on 2nd, if pitcher gets it before batter to 1b, ghost runner advances to 3b, batter out at 1b)
4. Pop-ups count as 2 outs
5. Line outs count for 2 outs
6. No HBP! Batter just loses all strikes in count
7. Walks can occur, but batter can deny, but keeps same count

8. Bunting can occur, but pitchers are coaches, coaches want low ERA
9. Check swings are called by pitcher
10. Batters have 15 second break after play until the next pitch is thrown.
11. Batter may try for a home-run ONLY if he hits ground ball by defense and runs around bases once and a half (to 2nd base) play is made at home
12. No arguing by players
 - a) Penalties include
 - (1) automatic strike if argue check swing
 - (2) automatic additional out if argue safe/out call
 - (3) take away or add a run if arguing persists
 - (4) automatic out at 1B if coach feels player not 100%
13. Game can be played with 1 defender, coach has to adjust situation

VI. 1 on 1 Tennis Ball Tournament

- A. Tennis balls, chalk, helmets, bats, gloves, rubbers, home plates, cones
- B. Spread out on parking lot, players square off in a one on one tournament
- C. 3 inning game
- D. Each player will construct a line-up and bull pen to use. (must hit/throw L/R)
 1. Pitchers throw from shorter distance and at 75% velocity
 2. Batters must wear helmet
 3. Strike zone is on wall made with chalk (various sizes)
 4. No HBP! Batter just loses all strikes in count
 5. Walks can occur, but batter can deny, but keeps same count
 6. Ground balls and fly balls are outs (unless pitcher agrees)
 7. If pitcher catches ball in air, it is worth 2 outs
 8. Steals occur if any runner is on base (batter must let pitcher know before pitch that runner is going):

- a) If strike or batter swings and misses, runner is out, it's a strike
 - b) If pitch is a ball and batter does not swing, runner is safe, ball
 - c) If batter hits the ball on a steal attempt and it is a hit, runner goes two bases and batter is safe at 1st
9. Doubles and Triples based on batter speed (and defense skill)
- a) Frank Thomas hit ball in gap, Rickey Henderson in CF (single)
 - b) Rickey Henderson hits ball in gap (triple all day)

VII. Visualization Stations

- A. **Cones, stopwatch, visualization tools**
- B. Coaches guide players through visualization and eye-hand coordination drills
 - 1. Repetition w/ fundamentals
 - 2. Eye-hand coordination drills (2-ball, load, stride, defense)
 - 3. Coach-led visualization real-game at-bat, pitch, defensive play
 - 4. Regaining control when emotions get high or out of breath

VIII. Daily Rotations (12-player format, 3 coaches):

- A. Each coach is responsible for transitioning players quickly to ensure maximum reps and instruction (jogging from station-station)
 - 1. Throwing program/ daily check-in (30 minutes)
 - 2. Hitting (45 minutes)
 - 3. RemerBall (45 minutes)
 - 4. Base Running and/or Conditioning/ Visualization) (30 minutes)
 - 5. End of day summary (5 minutes)

IX. Options for Stations/Drills/Competitions

- A. Base Running (use catcher and put net up at 2nd/3rd to protect runner)
 - 1. Secondary Leads

2. Delay Steal
3. Jumps on reading pitcher (looks, timing)

B. Hitting

1. Bunting (live bp, RemerBall)
2. Plate Coverage (Ball/Strike)
3. HR Derby (tee from pitchers mound/ 2nd base, heavy balls @ discus)
4. Place screen in front of hitter to make him pull or go oppo

C. Defense

1. Covering bag for steal/throws from outfield
2. Slide pick-ups to prevent double down the line/ ricochet off teammate
3. Barehand, slow rollers
4. Relay throws
5. Warm-up 100% defense
6. Diving plays (pop-up, stay down, 1 hoppers)
7. 2nd chance plays (knock balls down and recover)
8. Know the field (read hops)(count hops)

D. Visualization

Rules to cover at each individual location:

1. Obey cone policy (players must go from cone to cone in transition)
2. Pick-up balls with glove or batting glove (80 %-100 %)
3. If you can't catch it, knock it down!
4. Barrel is key! Literally focus on hitting the barrel every swing, every practice swing.
5. Now is the time to be aggressive and/or work on plate awareness (ask if ball/strike)
6. Now is the time to practice like you play!
7. Lazy attempts (50-50) on throwing or catching during warm-ups
8. Effort, attitude and hustle is what we control
9. Have fun! Enjoy learning a new sport and meeting people outside of your circle